Figure 1 PRISMA Flow Diagram

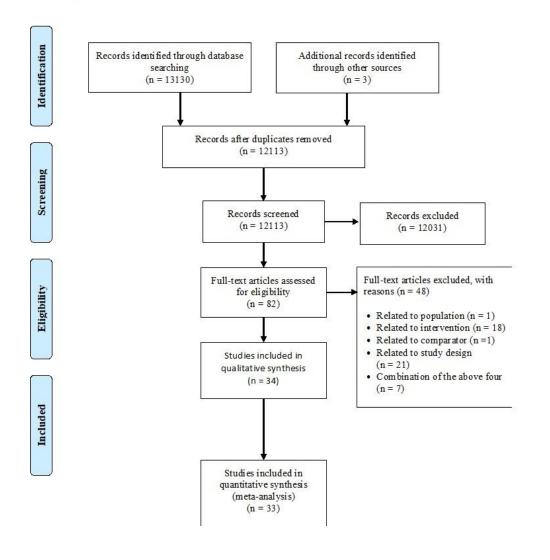


Figure 2

		Yoga			ontrol			Mean Difference	Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	C0000000000000000000000000000000000000	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
Murugesan, 2000	123.09	10.14	11	143.06	14.36	22	2.6%	-19.97 [-28.45, -11.49]	×
McCaffrey, 2005	136.04	12.98	22	161.89	17.38	25	2.6%	-25.85 [-34.56, -17.14]	
Kettner, 2009	-8.13	15.41	146	-5.77	13.09	157	3.6%	-2.36 [-5.59, 0.87]	
Mourya, 2009	139.46	22.1	40	145.9	22.49	20	2.0%	-6.44 [-18.44, 5.56]	60 88 1 28
Saptharishi, 2009	124.8	9.3	21	122.57	7.52	81	3.4%	2.23 [-2.07, 6.53]	10. (B)
Khadka, 2010	122	8.88	7	128	13.33	7	2.0%	-6.00 [-17.87, 5.87]	
Cohen, 2011	133	11.83	32	130	11.31	32	3.2%	3.00 [-2.67, 8.67]	() () () () () () () () () ()
Bhavanani, 2012	124.7	12.39	15	138.3	15.71	14	2.3%	-13.60 [-23.95, -3.25]	NS 8 N
Shantakumari, 2012	132.23	7.89	50	142.4	12.57	50	3.5%	-10.17 [-14.28, -6.06]	
Telles, 2013	127.6	12.18	62	139.53	18.65	31	2.9%	-11.93 [-19.16, -4.70]	
Hagins, 2014	130.68	14.99	36	133.36	18.29	32	2.7%	-2.68 [-10.69, 5.33]	30 80 80
Patil, 2014a	133.86	7.37	28	146.82	6.03	29	3.6%	-12.96 [-16.46, -9.46]	-
Patil, 2014b	143.09	5.67	21	146.28	5.41	21	3.6%	-3.19 [-6.54, 0.16]	*
Bujatha, 2014	138.51	9.39	118	152.38	10.25	120	3.7%	-13.87 [-16.37, -11.37]	
Patil, 2015	133.73	6.85	30	146.86	6.32	30	3.6%	-13.13 [-16.47, -9.79]	
Prakash, 2015	131	9.63	25	144	10.14	25	3.2%	-13.00 [-18.48, -7.52]	
Pushpanathan, 2015	118.56	11.06	30	125.97	10.95	30	3.2%	-7.41 [-12.98, -1.84]	
Briloy, 2015	134.5	13.7	19	142.2	17.3	19	2.4%	-7.70 [-17.62, 2.22]	
Thiyagarajan, 2015	121	6	51	123	4	49	3.8%	-2.00 [-3.99, -0.01]	
Cohen, 2016	129.6	16	43	132.5	16	48	3.0%	-2.90 [-9.48, 3.68]	10 St. 10
Punita, 2016	118.56	11.06	25	125.97	10.95	30	3.2%	-7.41 [-13.25, -1.57]	
Nolff, 2016	145.4	13.4	85	145.2	12.8	86	3.5%	0.20 [-3.73, 4.13]	· ·
Roche, 2017	-6.1	19.28	45	-2.8	12.94	10	2.4%	-3.30 [-13.10, 6.50]	-
Shetty, 2017	132	3.8	30	152.9	9.8	30	3.5%	-20.90 [-24.66, -17.14]	
Supriya, 2017	132.12	10.74	52	136.31	15.23	45	3.3%	-4.19 [-9.51, 1.13]	- 2
Cramer, 2018		10.279	50	135	8	25	3.5%	-1.10 [-5.34, 3.14]	- +
Misra, 2018	-6.38	17.1	61	0.86	17.8	22	2.6%	-7.24 [-15.83, 1.35]	
Ankolekar, 2019	130.45	6.08	51	133.74	7.76	51	3.7%	-3.29 [-6.00, -0.58]	
etter, 2020	136.9	12.64	10	125.6	15	9	1.9%	11.30 [-1.25, 23.85]	
3hati, 2020	131.7	10.9	32	125.8	12.6	35	3.2%	5.90 [0.27, 11.53]	-
Sathe, 2020	129.95	8.25		125.55	26.42	21	2.0%	4.40 [-7.44, 16.24]	
Thanalakshmi, 2020	-8.56	18.43	50		18.43	50	2.9%	-10.12 [-17.34, -2.90]	
Ohungana, 2021	130.1	9.3	61	134.6	11	60	3.5%	-4.50 [-8.13, -0.87]	10 m
Fotal (95% CI)			1380			1316	100.0%	-6.49 [-8.94, -4.04]	_

Figure 3

		Yoga			ontrol			Mean Difference	Mean Difference
Study or Subgroup	Mean	6437470470	Total	Mean	SD	200.50	Weight	IV, Random, 95% CI	IV, Random, 95% CI
Murugesan, 2000	82.36	9.14	11		12.44	22	1.8%	-16.46 [-23.96, -8.96]	(2 − 12 − 14)
McCaffrey, 2005	81.01	10.34	27	100.59	9.72	27	2.5%	-19.58 [-24.93, -14.23]	N
Kettner, 2009	-5.08	9.73	146	-4.48	8.54	157	3.8%	-0.60 [-2.67, 1.47]	National Control of the Control of t
Mourya, 2009	87.53	8.78	40	91.09	8.49	20	2.8%	-3.56 [-8.17, 1.05]	(0) 00 ()
Saptharishi, 2009	81.9	5.3	21	81.32	5.54	81	3.6%	0.58 [-1.99, 3.15]	(1) (1) (1) (1) (1) (1) (1) (1) (1) (1)
Khadka, 2010	80	5.18	7	86	4.44	7	2.6%	-6.00 [-11.05, -0.95]	70-75-70 and
Cohen, 2011	83	5.91	35	79	5.65	32	3.6%	4.00 [1.23, 6.77]	-
Bhavanani, 2012	74.9	1.2	15	76.9	1.6	14	4.1%	-2.00 [-3.03, -0.97]	*
Shantakumari, 2012	85.49	5.03	50	90.51	9.32	50	3.5%	-5.02 [-7.96, -2.08]	
Telles, 2013	84.03	8.26	60	81.33	9.37	30	3.1%	2.70 [-1.25, 6.65]	 -
Hagins, 2014	76.89	8.61	36	79.76	11.11	32	2.7%	-2.87 [-7.64, 1.90]	10 TO
Patil, 2014a	73.1	4.14	28	74.79	4.37	29	3.8%	-1.69 [-3.90, 0.52]	*
Patil, 2014b	75.33	3.54	21	75.09	5.43	21	3.6%	0.24 [-2.53, 3.01]	e de la companya de l
Sujatha, 2014	86.17	6.3	118	94.23	6.43	120	4.0%	-8.06 [-9.68, -6.44]	
Patil, 2015	73.13	4.02	30	74.63	4.39	30	3.8%	-1.50 [-3.63, 0.63]	-
Prakash, 2015	79	5.51	25	87	5.11	25	3.5%	-8.00 [-10.95, -5.05]	-
Pushpanathan, 2015	76.84	8.78	30	81.87	7.28	30	3.0%	-5.03 [-9.11, -0.95]	
Sriloy, 2015	80.94	9.7	19	79.1	9.1	19	2.3%	1.84 [-4.14, 7.82]	
Thiyagarajan, 2015	81	4	51	82	3	49	4.0%	-1.00 [-2.38, 0.38]	-
Cohen, 2016	78.6	14	43	80.4	13	48	2.4%	-1.80 [-7.37, 3.77]	0 - 5 00
Punita, 2016	76.84	8.78	25	81.87	7.28	30	2.9%	-5.03 [-9.35, -0.71]	100 <u>100 100 100 100 100 100 100 100 100</u>
Wolff, 2016	86.3	7.7	85	84.9	7.7	86	3.7%	1.40 [-0.91, 3.71]	+
Roche, 2017	-0.13	12.26	45	3	10.71	10	1.8%	-3.13 [-10.67, 4.41]	80 - 80 p 80
Supriya, 2017	80.85	9.54	52	82.84	10.4	45	3.1%	-1.99 [-5.98, 2.00]	
Cramer, 2018	81.55	10.31	50	81.9	8.5	25	2.9%	-0.35 [-4.74, 4.04]	
Misra, 2018	83.88	8.91	59	89.68	7.33	22	3.1%	-5.80 [-9.61, -1.99]	-
Ankolekar, 2019	83.1	3.62	51	88.13	5.74	51	3.9%	-5.03 [-6.89, -3.17]	*
Fetter, 2020	83.1	7.43	10	76.37	9.03	9	1.8%	6.73 [-0.75, 14.21]	
Ghati, 2020	92.3	8.7	32	88.3	9.2	35	2.9%	4.00 [-0.29, 8.29]	
Sathe, 2020	82.77	4.98	21	84.56	6.56	21	3.3%	-1.79 [-5.31, 1.73]	
Thanalakshmi, 2020	-5.22	11.33	50	2.3	18.94	50	2.2%	-7.52 [-13.64, -1.40]	
Dhungana, 2021	84.1	6.3	61	87.6	7	60	3.7%	-3.50 [-5.87, -1.13]	-
Total (95% CI)			1354			1287	100.0%	-2.78 [-4.11, -1.45]	•
Heterogeneity: Tau² = 1 Test for overall effect: 2				= 31 (P =	0.0000)1); l²=	85%	<u> </u>	-20 -10 0 10 20 Favours Yoga Favours Control

Figure 4

	Asana, pranayama, and	dhyana & relaxation pra	actice	No int	terventi	on		Mean Difference			Mea	an Differer	nce	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI			IV, Ra	andom, 95	5% CI	
Murugesan, 2000	123.09	10.14	11	143.06	14.36	22	5.7%	-19.97 [-28.45, -11.49]	-					
Saptharishi, 2009	124.8	9.3	21	122.9	9.7	29	7.6%	1.90 [-3.42, 7.22]			8	-		
Khadka, 2010	122	8.88	7	128	13.33	7	4.1%	-6.00 [-17.87, 5.87]		91	-	_		
Shantakumari, 2012	132.23	7.89	50	142.4	12.57	50	8.3%	-10.17 [-14.28, -6.06]		32				
Sujatha, 2014	138.51	9.39	118	152.38	10.25	120	9.1%	-13.87 [-16.37, -11.37]		7 <u>7</u>				
Prakash, 2015	131	9.63	25	144	10.14	25	7.5%	-13.00 [-18.48, -7.52]			-			
Pushpanathan, 2015	118.56	11.06	30	125.97	10.95	30	7.5%	-7.41 [-12.98, -1.84]				-8		
Thiyagarajan, 2015	121	6	51	123	4	49	9.3%	-2.00 [-3.99, -0.01]			-	-		
Punita, 2016	118.56	11.06	25	125.97	10.95	30	7.3%	-7.41 [-13.25, -1.57]						
Supriya, 2017	132.12	10.74	52	136.31	15.23	45	7.6%	-4.19 [-9.51, 1.13]			83 <u></u>	28		
Cramer, 2018	133.9	10.279	50	135	8	25	8.3%	-1.10 [-5.34, 3.14]				-		
Ankolekar, 2019	130.45	6.08	51	133.74	7.76	51	9.1%	-3.29 [-6.00, -0.58]			2	-		
Dhungana, 2021	130.1	9.3	61	134.6	11	60	8.6%	-4.50 [-8.13, -0.87]			-	-		
Total (95% CI)			552			543	100.0%	-6.71 [-9.87, -3.55]			•	8		
[U.S. 1984]	26.79; Chi² = 93.31, df = 12	(P < 0.00001); I ^z = 87%							-20	1	-10	_	10	20
Test for overall effect: Z	(= 4.16 (P < 0.0001)								Favours Asana		avama and		avours No inter	
									dhyana & rela	550		10	IVOUIS IVO IIILEI	vermon

Figure 5

Asana, pranayama, and dhyana & relaxation pr		ractice	No in	tervent	ion		Mean Difference	Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
Murugesan, 2000	82.36	9.14	11	98.82	12.44	22	4.0%	-16.46 [-23.96, -8.96]	
Saptharishi, 2009	81.9	5.3	21	82.4	7.2	29	7.7%	-0.50 [-3.96, 2.96]	
Khadka, 2010	80	5.18	7	86	4.44	7	6.0%	-6.00 [-11.05, -0.95]	
Shantakumari, 2012	85.49	5.03	50	90.51	9.32	50	8.3%	-5.02 [-7.96, -2.08]	
Sujatha, 2014	86.17	6.3	118	94.23	6.43	120	9.7%	-8.06 [-9.68, -6.44]	
Prakash, 2015	79	5.51	25	87	5.11	25	8.3%	-8.00 [-10.95, -5.05]	
Pushpanathan, 2015	76.84	8.78	30	81.87	7.28	30	7.0%	-5.03 [-9.11, -0.95]	· · · · · · · · · · · · · · · · · · ·
Thiyagarajan, 2015	81	4	51	82	3	49	9.9%	-1.00 [-2.38, 0.38]	
Punita, 2016	76.84	8.78	25	81.87	7.28	30	6.8%	-5.03 [-9.35, -0.71]	
Supriya, 2017	80.85	9.54	52	82.84	10.4	45	7.1%	-1.99 [-5.98, 2.00]	
Cramer, 2018	81.55	10.31	50	81.9	8.5	25	6.7%	-0.35 [-4.74, 4.04]	
Ankolekar, 2019	83.1	3.62	51	88.13	5.74	51	9.5%	-5.03 [-6.89, -3.17]	
Dhungana, 2021	84.1	6.3	61	87.6	7	60	9.0%	-3.50 [-5.87, -1.13]	
Total (95% CI)			552			543	100.0%	-4.67 [-6.56, -2.77]	•
Heterogeneity: Tau ² = 8 Test for overall effect: Z	3.98; Chi² = 69.77, df = 12 (F ′ = 4.82 (P < 0.00001)	o < 0.00001); I² = 83%							-20 -10 0 10 20
ostion overall ellect. Z	. = 4.02 (Favours Asana, pranayama, and dhyana Favours No intervention & relaxation practice

Figure 6

	Asana, pranayama, and	d dhyana & relaxation	practice	Non-pharma	ceutical inter	vention		Mean Difference	Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
McCaffrey, 2005	136.04	12.98	22	161.89	17.38	25	9.6%	-25.85 [-34.56, -17.14]	
Saptharishi, 2009	124.8	9.3	21	122.38	6.08	52	12.0%	2.42 [-1.89, 6.73]	
Cohen, 2011	133	11.83	32	130	11.31	32	11.3%	3.00 [-2.67, 8.67]	- * -
Hagins, 2014	130.68	14.99	36	133.36	18.29	32	10.0%	-2.68 [-10.69, 5.33]	*
Patil, 2014a	133.86	7.37	28	146.82	6.03	29	12.3%	-12.96 [-16.46, -9.46]	
Patil, 2014b	143.09	5.67	21	146.28	5.41	21	12.4%	-3.19 [-6.54, 0.16]	
Patil, 2015	133.73	6.85	30	146.86	6.32	30	12.4%	-13.13 [-16.47, -9.79]	-
Cohen, 2016	129.6	16	43	132.5	16	48	10.8%	-2.90 [-9.48, 3.68]	
Roche, 2017	-6.1	19.28	45	-2.8	12.94	10	9.0%	-3.30 [-13.10, 6.50]	
Total (95% CI)			278			279	100.0%	-6.36 [-11.64, -1.09]	•
Heterogeneity: Tau ² =	= 55.50; Chi² = 80.49, df = 8	$3 (P < 0.00001); I^2 = 90$	1%						
Test for overall effect:								92	-25 0 25 50
	N 1							F	Favours Asana, pranayama, and dhyana Favours Non-pharmaceutical
									& relaxation practice intervention

Figure 7

	Asana, pranayama, and	dhyana & relaxation	practice	Non-pharmac	ceutical interv	ention		Mean Difference	Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
McCaffrey, 2005	81.01	10.34	27	100.59	9.72	27	9.7%	-19.58 [-24.93, -14.23]	
Saptharishi, 2009	81.9	5.3	21	80.72	4.41	52	12.5%	1.18 [-1.38, 3.74]	·
Cohen, 2011	83	5.91	35	79	5.65	32	12.4%	4.00 [1.23, 6.77]	
Hagins, 2014	76.89	8.61	36	79.76	11.11	32	10.3%	-2.87 [-7.64, 1.90]	
Patil, 2014a	73.1	4.14	28	74.79	4.37	29	12.8%	-1.69 [-3.90, 0.52]	
Patil, 2014b	75.33	3.54	21	75.09	5.43	21	12.4%	0.24 [-2.53, 3.01]	
Patil, 2015	73.13	4.02	30	74.63	4.39	30	12.9%	-1.50 [-3.63, 0.63]	<u> </u>
Cohen, 2016	78.6	14	43	80.4	13	48	9.5%	-1.80 [-7.37, 3.77]	· · · · · · · · · · · · · · · · · · ·
Roche, 2017	-0.13	12.26	45	3	10.71	10	7.5%	-3.13 [-10.67, 4.41]	· · · · ·
Total (95% CI)			286			281	100.0%	-2.34 [-5.42, 0.74]	•
Heterogeneity: Tau ² =	: 17.98; Chi² = 63.88, df = 8	$(P < 0.00001); I^2 = 879$	6						
Test for overall effect:		201 3000 3000 300 000 000 000 000 000 000							-20 -10 0 10 20
									Favours Asana, pranayama, and dhyana Favours Non-pharmaceutic & relaxation practice intervention

Figure 8

	Pra	nayama	a	No in	tervent	ion		Mean Difference	Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
Mourya, 2009	139.46	22.1	40	145.9	22.49	20	19.3%	-6.44 [-18.44, 5.56]	-
Shetty, 2017	132	3.8	30	152.9	9.8	30	30.5%	-20.90 [-24.66, -17.14]	-
Misra, 2018	-6.38	17.1	61	0.86	17.8	22	24.1%	-7.24 [-15.83, 1.35]	· · · · ·
Thanalakshmi, 2020	-8.56	18.43	50	1.56	18.43	50	26.1%	-10.12 [-17.34, -2.90]	-
Total (95% CI)			181			122	100.0%	-12.01 [-20.25, -3.77]	•
Heterogeneity: Tau ^z = :	54.20; Ch	$i^2 = 15.4$	2, df=	3(P = 0)	.001); l ²	= 81%			- 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1
Test for overall effect: 2	Z= 2.86 (F	P = 0.00	4)						-50 -25 0 25 50 Favours Pranayama Favours No intervention

Figure 9

	Pranayama No intervention							Mean Difference	Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI	
Mourya, 2009	87.53	8.78	40	91.09	8.49	20	33.0%	-3.56 [-8.17, 1.05]		
Misra, 2018	83.88	8.91	59	89.68	7.33	22	48.2%	-5.80 [-9.61, -1.99]		
Thanalakshmi, 2020	-5.22	11.33	50	2.3	18.94	50	18.8%	-7.52 [-13.64, -1.40]		
Total (95% CI)			149			92	100.0%	-5.38 [-8.03, -2.73]	•	
Heterogeneity: Tau² = Test for overall effect: 2				(P = 0.6)	57); I²=	0%			-20 -10 0 10 20 Favours Pranayama Favours No intervention	

Figure 10

	Pra	anayama	leg.	Non-pharmac	ceutical interv	rention		Mean Difference	Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
Telles, 2013	127.6	12.182	62	139.53	18.65	31	26.7%	-11.93 [-19.16, -4.70]	
Sriloy, 2015	134.5	13.7	19	142.2	17.3	19	23.6%	-7.70 [-17.62, 2.22]	2 T T T T T T T T T T T T T T T T T T T
Ghati, 2020	131.7	10.9	32	125.8	12.6	35	28.3%	5.90 [0.27, 11.53]	
Sathe, 2020	129.95	8.25	21	125.55	26.42	21	21.4%	4.40 [-7.44, 16.24]	- ·
Total (95% CI)			134			106	100.0%	-2.39 [-12.19, 7.41]	•
Heterogeneity: Tau2:	= 80.21; C	$hi^2 = 17.0$	07, df=	3 (P = 0.0007);	I²= 82%				-50 -25 0 25 50
Test for overall effect	Z = 0.48	(P = 0.63))						-50 -25 0 25 50 Favours Pranayama Favours Non-pharmaceutical intervention

Figure 11

	Pra	nayam	na	Non-pha	rmaceu	tical		Mean Difference		Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	Year	IV, Random, 95% CI
Telles, 2013	84.03	8.26	60	81.33	9.37	30	43.7%	2.70 [-1.25, 6.65]	2013	+
Sriloy, 2015	80.94	9.7	19	79.1	9.1	19	19.1%	1.84 [-4.14, 7.82]	2015	
Ghati, 2020	92.3	8.7	32	88.3	9.2	35	37.2%	4.00 [-0.29, 8.29]	2020	-
Total (95% CI)			111			84	100.0%	3.02 [0.41, 5.63]		◆
Heterogeneity: Tau ² = Test for overall effect				2 (P = 0.8	33); I² = 0)%			58	-20 -10 0 10 20 Pranayama Non-pharmaceutical